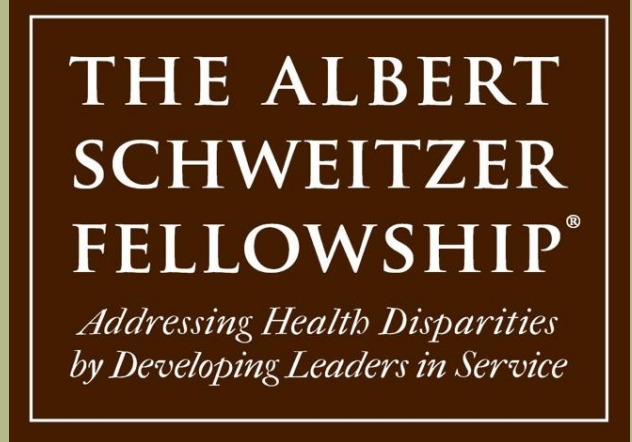


THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

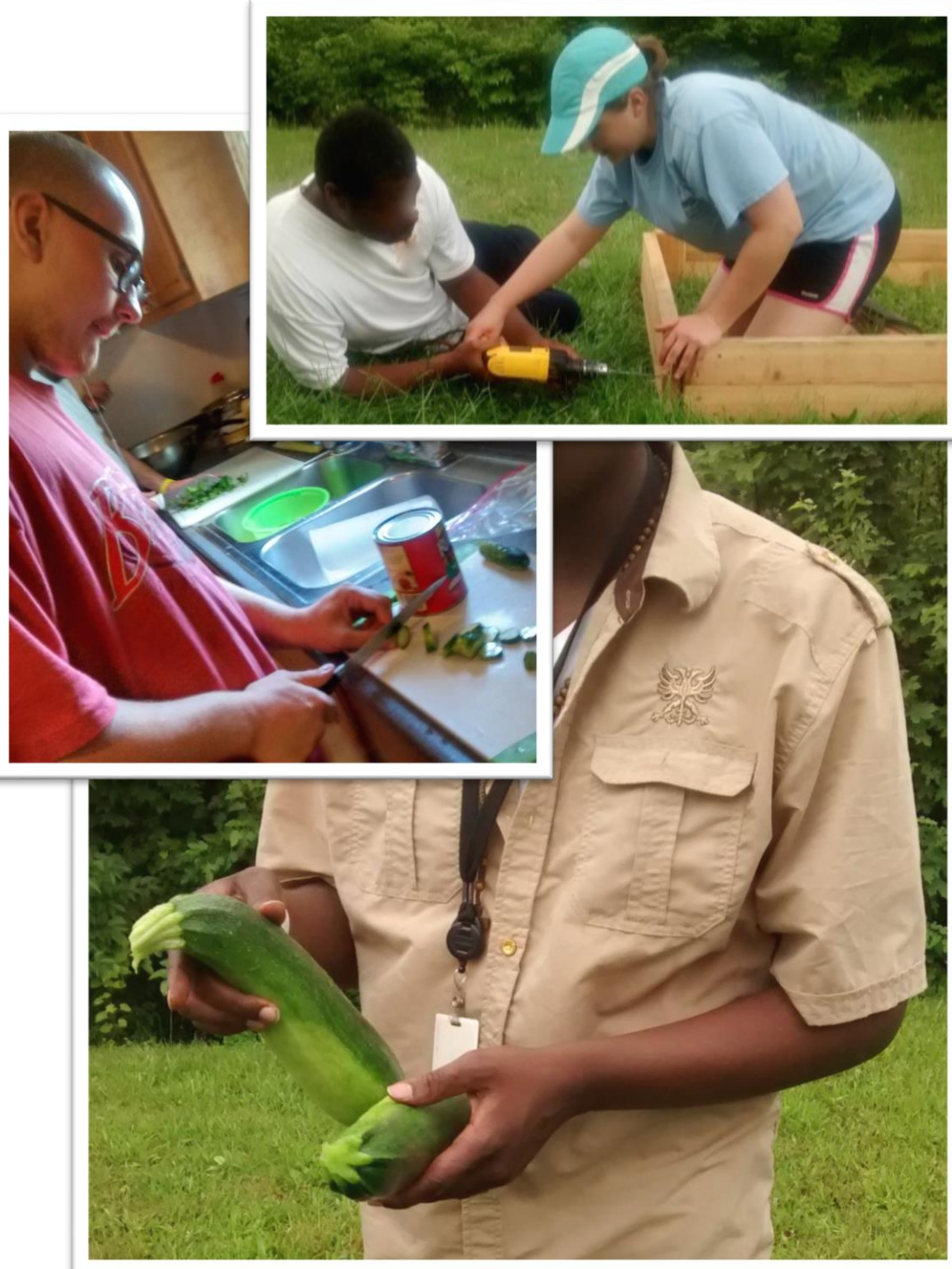
Harvesting Empowerment

Facilitating healthy habits in men with mental illness through participation in a vegetable garden



Partnership

Redmond House of Southeast, Inc. is a therapeutic transitional home for men with severe and persistent mental illness.



Some participants asked us to protect their identities due to pervasive societal stigma against those with mental illness.

Objectives

- Residents are partners: invite involvement, not mandate it.
- Develop life skills important for community reintegration through life skills’ workshops.
- Rebuild self-concept as valuable members of society through meaningful activity.
- Address holistic health through attention to the physical and psychosocial well-being of project participants.

Impact

- 52 clients served over 12 months.
- Exposure to healthy foods including eggplant, squash, tomatoes, peppers, lettuce, greens, cucumbers, beets, and strawberries.
- Skill groups in healthy eating, managing boredom, social participation, defining health, and exercise.

Participant Feedback



- “Watering the garden every day gives me a purpose, a reason to get up in the morning.” – *Alfred*
- “I used to cook a lot before my illness, but I haven’t done it in a long time. It’s nice to get to do it again.” – *Kenneth*
- “I like being outside with everyone and having something to do.” – *Brian*



We would like to thank the residents and staff of Redmond House, the staff of SE Inc, Dr. Lorraine Wallace, and our faculty advisor Dr. Monica Robinson for their support throughout this fellowship year.

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